

**Do you want to get in
shape, feel better and
be healthy?**



**Download the Air Force “eWellness” app
and get started today!**

Air Force “eWellness” is a new FREE app that tracks your weight, nutrition, fitness, blood sugar, pain, blood pressure, peak flow meter and medications

Export your data and send it via MiCare Secure Messaging to your Health Care Team from your computer or Smartphone

